



GURUJI KRISHNANANDA (1939-2012)

LIGHT

Light, not the physical Light but the subtlest Light, is the source of all Creation. It is the Source of all positive energies. It is the Source of Love, Peace, Truth, Wisdom and all Life. This Light is GOD.

CHANNELLING

Channelling is allowing the Light to descend into us by intending and then spreading It around the world. Our body transforms the frequency to the grosser level.

The vibrations from the Light reach all beings and nature. They, carry the energies of Healing, Love, Peace and all positivity. They, help Transformation. We will be better human beings. The world will be a better world.

TECHNIQUE

Imagine an ocean of Light above you. Imagine the Light descending and filling up your body. Then experience the Love, Light and Peace of the Light for a minute and then, imagine It spreading out gradually to your school, locality, country and world.

Practise this for a minimum period of seven minutes.

LIGHT CHANNELS WORLD MOVEMENT

was launched by Guruji Krishnananda, founder of the Rishis Path, on 18th May 2008.

The Movement is to channel Light daily for seven minutes when we wake up or go to bed from our own places on this earth.

The aim of the Movement is, mainly, Peace on this earth.

UNIQUENESS OF THE MOVEMENT

- Oneness by Light
- Non-religious, Universal
- No restrictions, no conditions
- No membership
- Everyone can contribute to Peace
- Helps the individual, helps the world

LIGHT CHANNELS

Volume 7, Issue 4

Bi-Monthly Newsletter

July-August 2017

A MESSAGE

Guruji Krishnananda

(Excerpts from his talk on 24th April 2011)

A person asked me in a letter written to me, "Why did Light fail?" He was sending Light to his friend and expected a kind of transformation in his friend. But that did not happen.

Light never fails. It is his friend who failed, not the Light. Light will not forcefully bring about the change. We have to choose to transform ourselves. Light provides us all help, all opportunities, but it is we who have to choose.

HAPPENINGS

Jayant Deshpande

A young boy of a school mentioned in his class that Light Channelling has helped him reduce his anger, and his colleagues in the class also agreed that his anger has actually reduced. A young girl from a high school has tried Light Channelling to deal with pressure, and encourages her friends also to practise it. She speaks with a great conviction in Light Channelling, because she has experienced the benefits herself. A teacher tells people to try channelling of Light whenever she comes across people in despair.

And there are many unknown channels of Light who are spreading this Movement silently, because of their own personal experiences.

With silent unconditional support from such people, the Light Channels World Movement spreads and gathers strength.

LIGHT WORKS

Manoj Chopra

It is amazing to note that Light Channelling work got an incredible start after the school vacations. Our Volunteers were waiting for schools to reopen; as they could not stay away from work any longer. It is heartening to know that the school authorities were eager to restart channelling in their schools. Like every year, they are welcoming our Volunteers with much more Love and respect in spite of their busy schedules.

This is God's work and He takes care and monitors. He shows us the way and inspires us every moment to continue this work. We, the Volunteers, at this level make ourselves available for work. We all are trying to put in our sincere and honest effort to spread this movement Worldwide.

Let all of us work together for a beautiful future ahead.

MANASA FOUNDATION (R)



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Phone : (080) 2846 5280, 99000 75280 (10 AM to 5 PM)

e-mail : info@lightagemasters.com

website : www.lightagemasters.com, www.lightchannels.com

REGULAR CHANNELLING CENTRES

People from the locality join voluntarily to channel Light in a group at our Regular Light Channelling Centres, periodically. All are welcome to participate. There is no fee. There is no membership.

Bangalore

Monday to Friday (7 PM to 7.15 PM)

Sri Siddashrama, 17th Cross,
Malleshwaram.

☎ 9480121545 Mr. K Chandrashekar

Mondays (6.30 PM to 7 PM)

Anjaneya Temple, Mahalakshmi Layout

☎ 9972111809 Mrs. Anjali Patil. K

Wednesdays (6.30 PM to 7 PM)

Maruti Mandira, Vijayanagar

☎ 9972111809 Mrs. Anjali Patil. K

Fridays (6.30 PM to 7 PM)

Sumathi', No. 481, 7th Cross,
7th Main, J.P. Nagar, III Phase.

☎ 9900110351 Mr. Ramesh V Bosekar

Fridays (12 Noon)

Siddhi Vinayaka Devastana, 59/1,
Hutchins Road, 3rd Cross, Cooke Town

☎ 9980205803 Mrs. Nirmala Bala,

☎ 9880162766 Mr. Vinu Verghese

Saturdays (6.30 PM to 7 PM)

Balamuri Mahaganapathi,
Sri Rajarajeshwari and
Sri Lakshmi Narayana Temple,
8th Cross, Near Hoysala Circle,
Kengeri Satellite Town

☎ 9972111809 Mrs. Anjali Patil. K

Millions have benefitted by practising Light Channelling regularly. Many have received miraculous help and have had wonderful experiences. Your experiences may inspire others and may guide others. Please share your experiences with us. Please write to us at:
info@lightagemasters.com



Members of RSS, Channelling Light on 16th April 2017, in Pune

QUOTES FROM THE LIGHT MASTERS

- ❖ Non-attachment is neither cutting off relations nor throwing away comforts. It is not being possessive, not worrying about ordinary happenings in life. It is shifting our interests to things of higher value.
- ❖ In non-attachment, we expand our love and attention to the entire Creation.
- ❖ The achievement of a single individual is never just his own, but the achievement of the entire human race.
- ❖ Our role in this creation is unique. We are the guardians of all life on this earth. We have to protect and preserve, and also assist evolution.
- ❖ Violence comes from fear and insecurity. We have to develop inner strength to face the challenges of life.
- ❖ When we are rooted in God, there will be absolutely no fear.
- ❖ Let us not get carried away by our accomplishments and be disheartened by our failures. We should pause, introspect and reorganize our life in tune with our goal.

LIGHT CHANNELLING IN SCHOOLS

Schools participated	:	5133
Students channelled Light	:	27.78 lakhs
Schools channelling regularly	:	1240
Students channelled regularly	:	5.34 lakhs

APPEAL TO SCHOOLS

**Please help in strengthening Light Channels
World Movement by making Light Channelling a
part of daily prayers in your School.**

Light Channelling Nourishes Life

Karthik N

Many ancient civilizations flourished where there was plenty of water and ample Sunshine. Sunshine and Water are life givers and life nourishing factors in human life. How exactly they help in contributing to Life is too vast to grasp. There have been volumes of books about this. These factors have always been in the background and remained as the foundation of Life on our planet. I am mentioning this to relate it to a small experience that I had.

We have a few Regular Light Channelling Centres, where Channelling happens regularly. Anyone can join us here and Channel Light. Near one such Centre, there were a few kids of the neighbourhood who were happily playing. As part of their games, they were also shouting and screaming, all in the spirit of the game. While practising Light Channelling in this Centre at that time, a thought arose in me - "Why isn't the Light that I spread making these kids silent? Why are they disturbing me?!" I don't know from where, but almost instantaneously I got a response. Can I say from Light?! Yes, it was a response at the thought level. It said - "Light will not impose itself on anyone. Also, these kids are involved in a good activity, and there is no reason to interrupt them." Along with it, came another thought response, which I could read as - "Light remains in the Nature and supports all positive forces. Like the sunshine and water, which are always existent and nourish Life, Light also is always existent and enriches Life."

After the Channelling session, on the way back home, I tried to understand more. That is when I understood what I have mentioned above. Wherever there was ample Sunshine and abundant water, in all such places Life flourished, great Civilizations arose and humanity rose to higher levels. Light, as all of us have understood, is the Source from which this Creation has come into being. Light has been sustaining all Life on Earth in the form of energy from the Sun. Along with this, Light also exists in a higher form of energy all around us. Some call it Positive energy, some say Cosmic energy, others may call it ever-present Intelligence. And these higher energies have more influence and impact, though they are invisible.

By Channelling Light, we increase the availability of these higher energies around us. Whenever and wherever there is positive activity happening on this earth, these energies encourage and support them. Whenever we, as individuals and as societies struggle to fight the negativities within and rise above, the energies we channel support the positive forces within us and help us rise higher. By rising higher, we bring out and establish more goodness in us, in the society and eventually make the experience of living more pleasant and satisfying.

Our duty is to Channel the Higher energies and make them available at this level. And when more energies are available, positivity automatically increases, Life automatically flourishes. Love and Peace get established easily.

REGULAR CHANNELLING CENTRES

Please join us in channelling of Light at one of our Regular Light Channelling Centres once a week and help us in spreading and strengthening the vibrations of Peace and Love. Please share this Newsletter with family members and friends. A free PDF version of this Newsletter can be downloaded from our website: www.lightchannels.com

Solapur

**Mondays and Thursdays
(7 PM to 7.15 PM)**

Bal Ganesh Mandir, Bushar Peth, Mohol
☎ 9860967066 Mr. Vivekananda Swami
☎ 9970800279 Mrs. Swaroopa Swami

Miraj

Thursdays (7.45 PM)

Shri Shivarudra B. Belaganvi,
A-Gat Plot No-135,
C/o Shri Swami Samarth Seva Kendra.
☎ 9822421463 Mr. Mahajan

Chennai

Saturdays (10 AM to 10.30 AM)

481, SAIPREM, 19th Street,
4th Sector, K. K. Nagar.
☎ 94448 80409 Mrs. Rajalakshmi R

Pune

Saturdays (7 PM to 7.30 PM)

3 - B, Kapila Housing Society,
Gokhalenagar
☎ 9011038169 Mr. Ashutosh Navangul

Experiences of many children, teachers and volunteers are compiled in the book "Experiences of Light Channels". When many others shared their experiences after the release of the book, second volume of the book was brought out. Both the volumes of the book can be freely downloaded from our website: www.lightchannels.com

EXPERIENCES

Compiled by Vaishali Joshi



Practising Light Channelling makes me calm and helps me to overcome my anger. Practising it is not so simple because we have to leave all the thoughts and concentrate only on Channelling. And if we practise it with all our concentration we can overcome anger, stress and fear.

Since I am practising Light Channelling I don't say I am perfect now, but I can say I am better than before; I have improved. By doing this we can't change the world, but we can at least change ourselves which is more important.

- Manisha, IX Std, Basaveshwara High School, Byatarayanapura

I like Light Channelling and we are practising this technique regularly at my home too. I am gaining knowledge and I have released all tensions from my mind. I had tensions of exams. By practising this Meditation I am gaining energy from God and developing patience. I am able to connect with others and with God. It's too good! It was one of my most fortunate days having this facility in our school and I thank Manasa Foundation for explaining Light Channelling and its benefits to us and spreading it all over the world. We think it's a waste of time practising it for 7 minutes or 3 minutes, but that isn't true. We will actually be gaining everything whatever we need to survive in this world.

- Preethi, IX Std, Basaveshwara High School, Byatarayanapura.

I like Light Channelling because we feel calm and positive. After practising Light Channelling we listen to teachers in class with rapt attention and interest. And I am happy with our friends and teachers.

-Vandana, VI Std, Sri Sharadha Primary School, Jayanagar

Sometimes we feel guilty for doing something wrong. Then we erase that fear and the guilt which we have in our mind and heart. With Light Channelling, we feel fresh and peaceful and forget all about it and concentrate on our studies completely. I experienced this in my life. I was facing a lot of problems in my life due to my family, friends etc. My friends and parents could sense the guilt in me for days by looking at my face. Then I started channelling Light only for some time. Maybe if I had not known about this, I would have surely ended in a big problem. With Light Channelling, I felt fresh and started concentrating on my studies more than the problem. I felt very pleasant and nice after my Light Channelling. I wish that this Light Channelling spreads all over the world and everyone experiences it. Thank you.

- Bhavishya J, X Std, Canaan Christ Public School, BTM Layout.

Dear Teachers,

Thanks for your support for Light Channelling. We request you to continue Light Channelling in your school. If you need any assistance from our Volunteers, please feel free to contact us on 9900075280 or 080-28465280.

- Light Channels World Movement